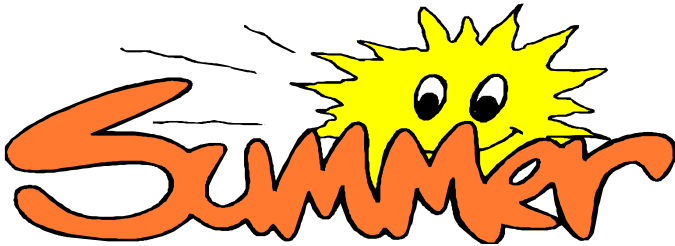


NEWSLETTER



MESSAGE FROM CONNIE

I just wanted to take this time to thank all of our volunteers that help with the Senior Center. Without our volunteers, our Center would not run as smoothly as it does. Thank you for your dedication, time, and smiling faces day in and day out, to make our Senior Center such a wonderful place.

The summer weather is here! Please take precaution when heading outside. Make sure to wear sunblock, a hat, and plenty of fluids. If you are sitting outside...find a piece of shade to stay out of the direct sun. Have a happy and healthy summer!

God Bless,

~Connie

SPECIAL REQUEST

Please notify the Senior Center at 781-767-4617 if you are going to be temporarily away from your home. We will take you off the mailing list and place you back on when you return. Thank you!

ARE YOU OK?

“Are you OK?” provides safety and security for elderly people living alone. Each morning, 365 days a year, an officer from the Norfolk County Sheriff’s Office places a phone call to check on the well-being of people who have signed up for the program. If they fail to answer or indicate they need emergency aid, the officer summons help immediately.

People interested in learning more about “Are You OK?” or signing up for the program should call the Norfolk County Sheriff’s Office toll-free at 1-866-900-7865 (RUOK).

SIX TIPS TO PREVENT HEAT STRESS

- One of the best ways to “BEAT THE HEAT” and to stay healthy is to drink lots of water even when you are not thirsty. While water is the best choice for refueling, a nonalcoholic or decaffeinated beverage such as juice or lemonade can prevent dehydration and heat stress.
- Keep cool by spending time in air conditioned surroundings. If your home is not air conditioned, consider going to a shopping mall, movie theater, library, or senior center.
- Take cool baths or showers because cold water removes extra body heat 25 times faster than cool air.
- Keep skin covered while exposed to direct sunlight. Use sunscreen for exposed skin, on face, neck, and ears and wear a hat.
- Adjust activity schedules according to the temperature. For example, garden or exercise in the early morning or evening.
- Wear light weight, light color, and loosely fitted clothing such as cotton.



STAY HYDRATED...STAY COOL...STAY SAFE!

THOUGHT OF THE DAY

Humble yourself in the sight of the Lord, and he shall life you up.

~ James 4:10

There shall be eternal summer in the grateful heart.

~ Celia Thaxter

The summer night is like a perfection of thought.

~ Wallace Stevens

SIMON SAYS

Simon says the government of the people, by the people, and for the people never seems to get along with the people.